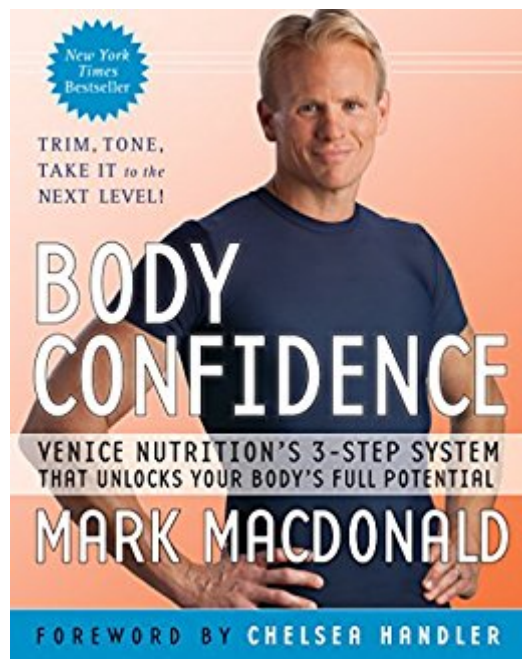


The book was found

Body Confidence: Venice Nutrition's 3-Step System That Unlocks Your Body's Full Potential



Synopsis

Say goodbye to feeling disappointed with your bodyâBody Confidence is the highly anticipated fitness book from world-renowned Venice Nutrition Program founder Mark Macdonald.

Macdonaldâs targeted series of diet and fitness strategies are proven to burn body fat, boost energy levels, increase muscle mass, and eliminate sugar cravings for a better looking, better feeling body today. Providing a step up to holistic body care for fans of Tosca Renoâs Eat-Clean Diet or Jorge Cruiseâs Belly Fat Cure, and an excellent companion to Cynthia Sassâs Cinch!, the Venice Nutrition Programâs innovative fitness plan focuses on blood sugar stabilization and a complementary program of exercise, sleep, and stress management. A foreword by bestselling author Chelsea Handler will let you know why Body Confidence is your next step to a healthier, happier tomorrow.

Book Information

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Customer Reviews

I have read the majority of the reviews that have been posted about Body Confidence and I am here to set the record straight on a few. As you may be able to deduce from my pen name, I am a "success story" in the book and I'm not afraid to let everyone know. A couple folks have alluded to

the idea that the posted reviews might be "canned." First let me say, if that were the case, wouldn't I, being a feature in the book, have written a "canned" review long before now?! Secondly, my story in the book is 10,000% real so I promote the book and Venice Nutrition for all the right reasons....BECAUSE IT WORKS!!!! I grew up competing in gymnastics, softball, and track but stopped when I got to college. During college, and the few years following, my body changed slightly as I wasn't getting the same intensity of exercise but also wasn't eating balanced; I was always a healthy eater, but not balanced. As a personal trainer my clients want nutrition advice but having struggled through Atkins, South Beach, and the like, I didn't want to point them in those directions. Systems like these will drop weight quickly but you'll crash within 4 or 5 weeks due to lack of proper calorie intake or carbohydrates which are essential to the proper functioning of the body. You won't last on them long and you'll end up gaining back more weight than you started with. I met Mark MacDonald in Atlanta, GA and started living the Venice Nutrition Way. It changed my body almost immediately. I've never needed to lose more than 10 pounds or so, and most people wouldn't even have noticed that on me, but I was able to fine tune shall we say. I have loved the way I feel on Venice for over 3 years and have been coaching clients for over 2.

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Your Ultimate Pilates Body's Challenge: At the Gym, on the Mat, and on the Move
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